



Generation With Promise

*Empowering Michigan Middle School Students
in Underserved Communities to Drive Policy,
Environmental, and Youth Behavior Change*

**Kimberlydawn Wisdom, M.D.
Michigan Surgeon General**





**WELCOME Superintendents,
Principals, Comprehensive School
Health Coordinators, Public Health
Officials, School Nurses and Others!**

Self-introductions by District:

- * Benton Harbor**
- * Detroit**
- * Hamtramck**
- * Highland Park**
- * Pontiac**
- * Saginaw**
- * Flint**
- * Muskegon Heights**



Meet the GWP Leadership Team

Office of the Surgeon General

Dr. Kimberlydawn Wisdom (Project Director)

Nancy Combs (Program Manager)

Stella Christian/Angela Wall (Support)

Patricia Blake-Smith (Coordinator, SE MI)

MI Department of Community Health

Rochelle Hurst (Cardiovascular Health)

Betsy Pash (Administration/Budget)

Mikelle Robinson (Tobacco Section)

MI Department of Education

Kyle Guerrant (Coordinated School Health)

Evaluation Consultants

Dr. Anne Murphy (Overall)

Dr. Jeff Martin (Physical Education)

Dr. Nate McCaughtry (Cultural Competence)



Goals for Today's Meeting:

- *Share information about the Generation With Promise (GWP) project*
- *Facilitate interaction related to GWP among team members at the eight districts*
- *Learn strategies for making remarkable changes*
- *Identify concerns and answer questions*



Quick Facts

- Funded by W.K. Kellogg Foundation for \$5 million
- Covers 3 school years starting in 2007-08
- Extension of *Michigan Steps Up* healthy lifestyles initiative
- Dr. Wisdom is Project Director



Why is this project needed?

- Childhood obesity is on the rise
 - **Michigan's rate is higher than the national rate**
- Students are not typically involved in policy development or encouraged and supported to be change agents in their schools
- Racial/ethnic disparities in health risks and chronic disease must be addressed if we are to have healthier communities



Healthy kids make better students



Better students make stronger communities



Grant is administered by the **Office of the Surgeon General, MI Dept of Community Health**

Partners:



PLUS eight school districts!

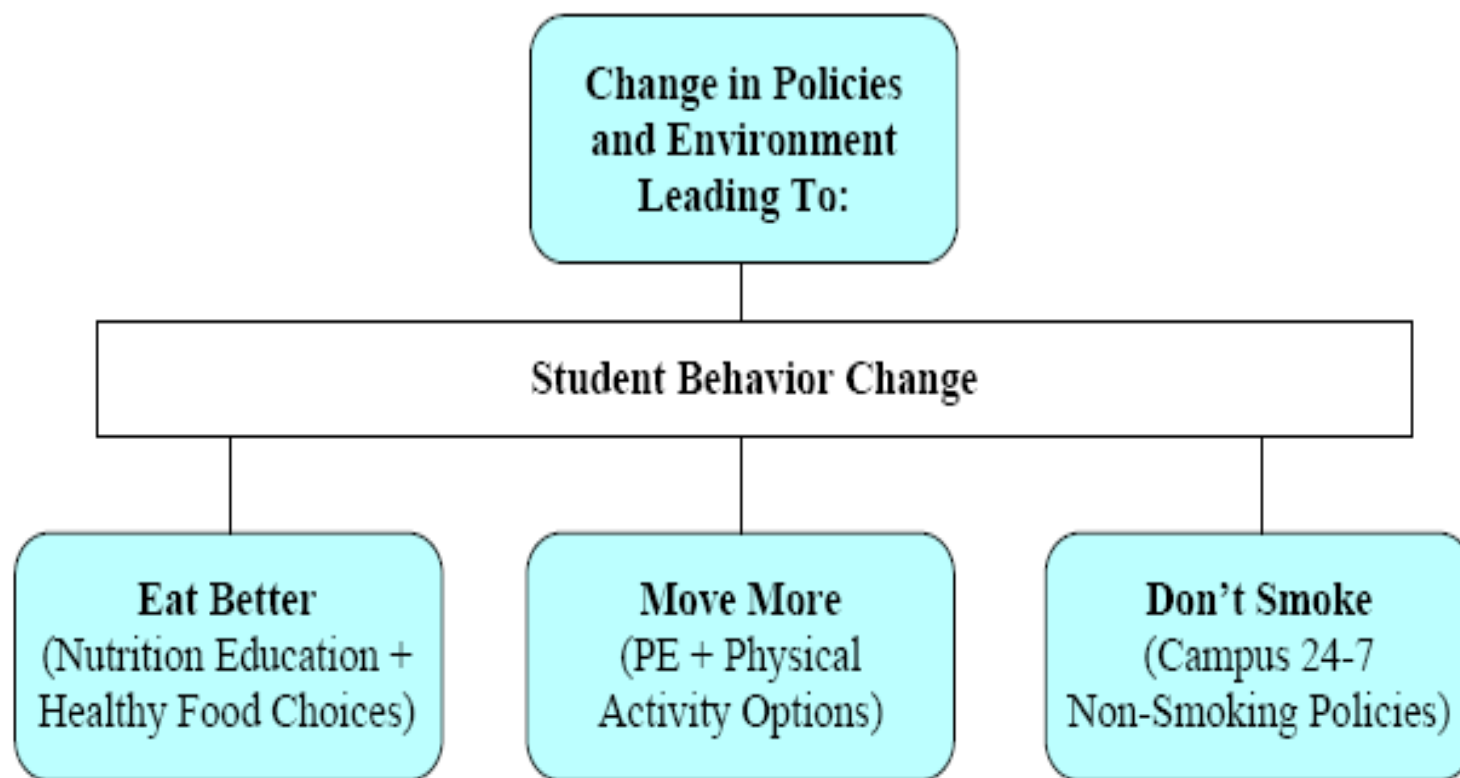


GWP Goal: Positive change at 3 levels

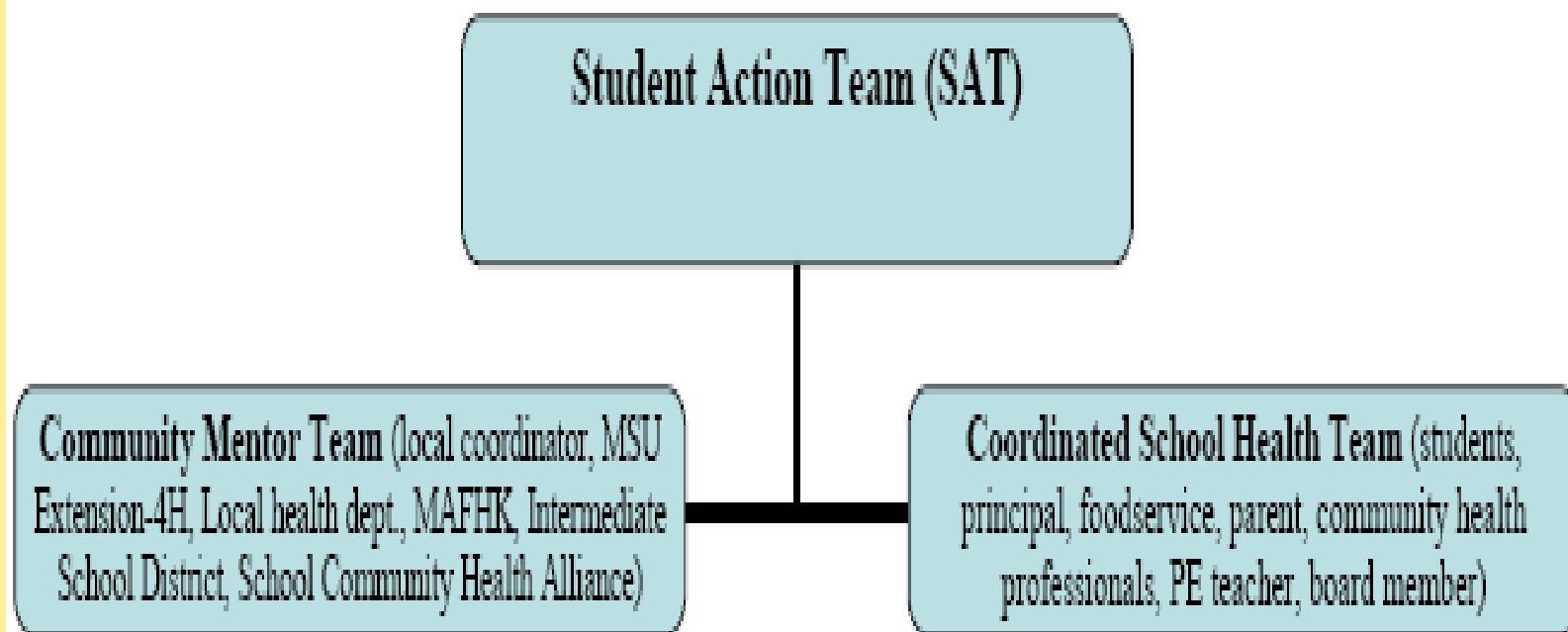
- School **policies** related to health
- School **environments** (increase opportunities for students to make healthy choices)
- **Student** behaviors (nutrition, physical activity, tobacco avoidance, leadership skills)

LONG RANGE: Decrease risk for chronic disease and incidence of obesity, promote healthier schools/communities, and develop health care advocates and leaders.

GWP targets 3 health behaviors of youth



...& uses a 3-team approach



How were the 8 districts chosen? **Cities of Promise***

- Governor's urban agenda to transform Michigan's economy
- Combines resources of state government + strength of local government + community-based organizations
- A coordinated way to leverage the state's ability to help our cities.

*High poverty rates, poor health status, safety/security issues and infrastructure challenges





Middle Schools (41) in Cities of Promise

- Detroit (21)
- Highland Park (2)
- Hamtramck (1)
- Pontiac (3)
- Benton Harbor (2)
- Saginaw (5)
- Flint (6)
- Muskegon Heights (1)



Level I Schools

- Detroit, Highland Park, Pontiac, Hamtramck, and Benton Harbor (SE Michigan plus Benton Harbor)
- Can apply for \$25,000 award for 2007-08, 2008-09, and 2009-10 (total = \$75,000)
- Ten schools funded in Year I; 4 new ones in Years II & III for a total of 14
- Application materials available today and due 9/21/07

In addition to \$25K, schools receive resources, digital cameras, training, student incentives, a budget for Student Action Teams, and \$ for students to attend leadership training and annual Youth Summit.



Schools that receive the award:

- Form School Health Team, complete Healthy School Action Tool, choose activities and develop budget
- Form Student Action Team representing student body
- Select and involve community mentors to assist students
- Have students complete health survey and fitness testing
- Implement a 24/7 tobacco-free campus policy
- PE teacher attends EPEC* training and implements
- Health teacher uses MI Model nutrition/tobacco modules
- Student participation in Youth Summit and leadership training

*Exemplary Physical Education Curriculum



Possible uses of funds*

HEALTHY EATING: Healthy vending machine, foodservice equipment that relates to healthy choices, healthier food on a la carte, at school events, for classroom celebrations, or concessions; school meal improvement, breakfast in classroom

PHYSICAL ACTIVITY: Mileage club, before/after school physical activity options, walking path, family fitness events, field days, scholarships for youth sports camps

RESOURCES: Exemplary physical education curriculum (EPEC) and resources to implement it, MI Model lessons and reinforcement items

MISC: Substitutes so staff can attend school team meetings or go to training/conferences; costs for youth to attend leadership workshops and Youth Summit; health promotions, signage for smoke-free campus, etc.

*Depending on district needs/priorities and Local Wellness Plan



Assistance for Schools:

- Full-time project manager and an assistant (Detroit)
- Two full-time project coordinators (SE Michigan + Benton Harbor)
- Communication specialist
- Consultants: evaluation, leadership, fitness assessment and cultural competence
- Project Leadership Team
- Committee: Community Advisory Regional Experts (oversight, guidance, advice)



Role of Students

- Involved in Coordinated School Health Teams
- Join Student Action Teams; decide how to spend team budget
- Lead by example; positive role models and change agents...make healthy choices
- Develop promotion/media campaign
- Attend Leadership Workshops
- Plan and attend annual Youth Summit
- Assist other schools with positive change (Years II and III)

Level II Schools*

\$5,000 start-up awards in Years II & III for middle schools in Flint, Saginaw, Muskegon Heights; or for Level 1 cities that prefer to have a start-up grant instead of the more intensive grant.

- Form teams
 - Coordinated School Health Teams
 - Community Mentor Teams
 - Student Action Teams
- Complete HSAT and Student Health Survey
- Develop Action Plan and implement selected items (based on budget)
- Participate in Youth Summit
- Collaborate with student teams at Level I schools





Role of Superintendents

- *Attend meetings (twice yearly)*
- *Promote participation with building principals*
- *Update school board about project successes*
- *Assist with parent consent*

Role of Principals

- *Facilitate completion of application*
- *Coordinated School Health Team member*
- *Assist with recruitment of community mentors and formation of Student Action Teams*
- *Attend meeting (twice a year)*



How will districts benefit?

- New resources and equipment
- Teacher training and support
- Active/productive Coordinated School Health Team
- Support to implement Local Wellness Policy
- School environment becomes "healthier"
- Students are healthy and ready to learn



Reaching middle schools across Michigan

- Best practices will be translated into recommendations for all middle schools
- Additional funding will be obtained to sustain support to schools and reach more schools

Your questions?

Introducing Dr. Pat Cooper, former superintendent extraordinaire



Health is

Academic